Name________________________

Teacher________________________ Period________

PE Make-Up (1 day option)

Directions: Print and complete this assignment and return it to your teacher.

1. Choose any physical activity that you have participated in.

2. How often do you participate in this activity?

3. Explain how you got involved in this activity?

Using the 4 components of fitness, please answer the following questions.

4. In what ways does this activity incorporate Cardiovascular Endurance? (20 words or more)

5. In what ways does this activity incorporate Flexibility? (20 words or more)

6. In what ways does this activity incorporate Muscular Endurance? (20 words or more)

7. In what ways does this activity incorporate Muscular Strength? (20 words or more)